

Table S1. The distribution of MBI results in both groups.

| Subscale | | ITEM | Distribution On Five Point Likert Scale* | | | | | | | | | |
|-------------------------|----|--|--|---------------------------|------------------------------|---------------------------|--|---------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|
| | | | Strongly disagree, n ² (%) | | Disagree, n ² (%) | | Neither agree nor disagree, n ² (%) | | Agree, n ² (%) | | Strongly agree, n ² (%) | |
| | | | ORL ¹ group | Contr ^{ol} group | ORL ¹ group | Contr ^{ol} group | ORL ¹ group | Contr ^{ol} group | ORL ¹ group | Contr ^{ol} group | ORL ¹ group | Contr ^{ol} group |
| Emotional Exhaustion | 1 | I feel emotionally drained from my work | 6 (7.5) | 9 (30.0) | 20 (25.0) | 19 (63.4) | 24 (30.0) | 1 (3.3) | 28 (35.0) | 1 (3.3) | 2 (2.5) | 0 (0.0) |
| | 2 | I feel used up at the end of the workday | 5 (6.2) | 13 (43.4) | 30 (37.5) | 15 (50.0) | 23 (28.8) | 1 (3.3) | 21 (26.3) | 1 (3.3) | 1 (1.2) | 0 (0.0) |
| | 3 | I feel fatigued when I get up in the morning and have to face another day on the job | 5 (6.2) | 8 (26.7) | 25 (31.3) | 15 (50.0) | 29 (36.3) | 7 (23.3) | 20 (25.0) | 0 (0.0) | 1 (1.2) | 0 (0.0) |
| | 6 | Working with people all day is really a strain for me | 5 (6.2) | 9 (30.0) | 30 (37.5) | 13 (43.4) | 23 (28.8) | 7 (23.3) | 21 (26.3) | 1 (3.3) | 1 (1.2) | 0 (0.0) |
| | 8 | I feel burned out from my work | 19 (23.8) | 7 (23.3) | 32 (40.0) | 19 (63.4) | 21 (26.3) | 3 (10.0) | 7 (8.7) | 1 (3.3) | 1 (1.2) | 0 (0.0) |
| | 13 | I feel frustrated by my job | 10 (12.5) | 8 (26.6) | 26 (32.5) | 19 (63.4) | 32 (40.0) | 3 (10) | 12 (15.0) | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| | 14 | I feel I'm working too hard on my job | 18 (22.5) | 7 (23.3) | 35 (43.7) | 14 (46.7) | 17 (21.3) | 7 (23.3) | 9 (11.3) | 2 (6.7) | 1 (1.2) | 0 (0.0) |
| | 16 | Working with people directly puts too much stress on me | 18 (22.5) | 23 (76.7) | 35 (43.7) | 6 (20.0) | 18 (22.5) | 1 (3.3) | 9 (11.3) | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| | 20 | I feel as if I'm at my wits' end | 9 (11.3) | 9 (30.0) | 17 (21.2) | 19 (63.4) | 22 (27.5) | 1 (3.3) | 24 (30.0) | 1 (3.3) | 8 (10.0) | 0 (0.0) |
| Depersonalisation scale | 5 | I feel I treat some patients/clients as if they were impersonal objects | 19 (23.8) | 15 (50.0) | 37 (46.3) | 7 (23.3) | 14 (17.5) | 8 (26.7) | 8 (10.0) | 0 (0.0) | 2 (2.4) | 0 (0.0) |
| | 10 | I've become more callous toward people since I took this job | 22 (27.5) | 12 (40.0) | 35 (43.7) | 17 (56.7) | 11 (13.8) | 1 (3.3) | 9 (11.3) | 0 (0.0) | 3 (3.7) | 0 (0.0) |
| | 11 | I worry that this job is hardening me emotionally | 24 (30.0) | 16 (53.3) | 44 (55.0) | 13 (43.4) | 9 (11.3) | 0 (0.0) | 3 (3.7) | 0 (0.0) | 0 (0.0) | 1 (3.3) |
| | 15 | I don't really care what happens to some patients/clients | 11 (13.8) | 15 (50.0) | 28 (35.0) | 8 (26.7) | 25 (31.2) | 7 (23.3) | 16 (20.0) | 0 (0.0) | 0 (0.0) | 0 (0.0) |
| | 22 | I feel patients/clients blame me for some of their problems | 1 (1.2) | 6 (20.0) | 7 (8.7) | 6 (20.0) | 17 (21.3) | 11 (36.7) | 49 (61.3) | 6 (20.0) | 6 (7.5) | 1 (3.3) |
| Personal achievement | 4 | I can easily understand how my patients/clients feel about things | 1 (1.2) | 0 (0.0) | 8 (10.0) | 0 (0.0) | 21 (26.4) | 1 (3.3) | 48 (60.0) | 20 (66.7) | 2 (2.4) | 9 (30.0) |
| | 7 | I deal very effectively with the problems of my patients/clients | 3 (3.7) | 0 (0.0) | 5 (6.3) | 0 (0.0) | 20 (25.0) | 0 (0.0) | 46 (57.5) | 16 (53.3) | 6 (7.5) | 14 (46.7) |
| | 9 | I feel I'm positively influencing other people's lives through my work | 6 (7.5) | 0 (0.0) | 20 (25.0) | 0 (0.0) | 33 (41.3) | 1 (3.3) | 18 (22.5) | 19 (63.4) | 3 (3.7) | 10 (33.3) |
| | 12 | I feel very energetic | 2 (2.4) | 0 (0.0) | 15 (18.8) | 0 (0.0) | 29 (36.3) | 1 (3.3) | 28 (35.0) | 15 (50.0) | 6 (7.5) | 14 (46.7) |
| | 17 | I can easily create a relaxed atmosphere | 3 (3.7) | 0 (0.0) | 14 (17.5) | 0 (0.0) | 18 (22.5) | 4 (13.3) | 39 (48.8) | 14 (46.7) | 6 (7.5) | 12 (40.0) |

| | | | | | | | | | | | | |
|----|--|---|------------|------------|--------------|------------|--------------|-------------|--------------|--------------|------------|--------------|
| | | with my patients/clients | | | | | | | | | | |
| 18 | | I feel exhilarated after working closely with my patients/clients | 3 (3.7) | 0 (0.0) | 10 (12.5) | 0 (0.0) | 20 (25.0) | 1 (3.3) | 43 (53.8) | 11 (36.7) | 4 (5.0) | 18 (60.0) |
| 19 | | I have accomplished many worthwhile things in this job | 6 (7.5) | 0 (0.0) | 15 (18.8) | 0 (0.0) | 28 (35.0) | 4 (13.3) | 26 (32.5) | 14 (46.7) | 5 (6.2) | 12 (40.0) |
| 21 | | In my work, I deal with emotional problems very calmly | 6 (7.5) | 0 (0.0) | 20 (25.0) | 0 (0.0) | 33 (41.3) | 1 (3.3) | 18 (22.5) | 11 (36.7) | 3 (3.7) | 18 (60.0) |

¹ORL: otorhinolaryngologists group; ²n: number of subjects, *: the ORL group was composed of 80 subjects and the Control group of 30 subjects.